

## ***What Are Some “Small Step” Dietary Changes I Can Make?***

- **CUT DOWN ON PORTION SIZES**

Portion sizes in restaurants and movie theaters often provide many more calories than you should be eating at one meal, and sometimes more than you should eat in a whole day!

--When eating out, split an entrée with a friend or ask for half of your meal packaged in a to-go bag before it even makes it to the table.

--Package some single size portions of snack food or sweets at home. Buy or portion out treats and snacks in small bags or packages.

-- Portion out your snack on a plate, and do not eat from the bag, to stay aware of how much you're eating.

- **CHOOSE HEALTHY SNACKS AND HAVE THEM READY AT ALL TIMES**

Typical American snack foods (chips, soda, pizza) are high in fat, sugar and calories and help us GAIN weight. Just

--If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

--Don't buy unhealthy foods or snacks or, if you do, hide them somewhere where you can't see them.

--Always have cut-up fruits and veggies ready in the refrigerator.

- **CUT DOWN ON THE CALORIES YOU GET FROM YOUR DRINKS.**

Sugar-sweetened beverages and high-fat, high-sugar coffee drinks add many unnecessary calories to your diet. Cutting down on the number of calories you get from the beverages you drink is a small change that can make a big difference in your weight.

--Drink water instead of sugar-sweetened beverages or high-calorie coffee drinks.

--Switch from whole milk or 2% milk to skim (non-fat) or 1% lowfat milk.

--Order regular coffee with skim milk and no sugar in place of those high-calorie coffee beverages on the way to and from work.

### **Sample “SMALL STEP” Goals:**

1. Eat one fruit with breakfast every day.
  2. Replace the soda I drink each day with water (flavored or unflavored).
  3. Switch from 2% milk to skim (non-fat) milk.
  4. Always have cut-up fruits and veggies in the house to reach for as snacks.
  5. Ask for half of my meal to be packaged to take home, when eating out.
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### ***Physical Activity Recommendations:***

- Be physically active for at least 30 minutes (adults) or 60 minutes (children) on most days of the week.
- Limit TV time to less than 2 hours per day.

### ***What Are Some “Small Steps” I Can Make to Increase Physical Activity***

#### **What Are Some “Small Step” Physical Activity Changes I Can Make?**

- Make time in your day for some form of physical activity.
- Take the stairs at work
- Walk up or down an escalator in malls
- Park the far end of a lot instead of cruising around for the closest spot.
- Gradually add some form of regular physical activity that you enjoy. Walking is an excellent form of physical activity that almost everyone can do.